



**Robert E. Bush**  
Naval Hospital

## Did you know?...

**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:

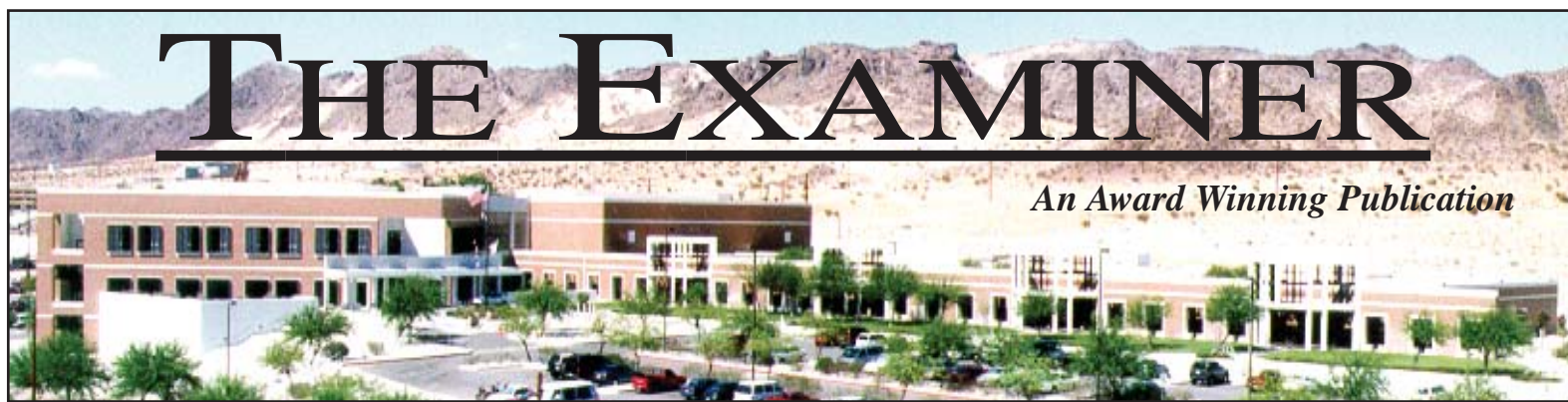
E-mail at [complaint@jointcomission.org](mailto:complaint@jointcomission.org)  
Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

**T**o report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344  
Combat Center: 760-830-7749  
NavMedWest: 1-877-479-3832  
Medical IG: 1-800-637-6175  
DoD IG: 1-800-424-9098

Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhtp/pages/default.aspx>

# New Public Health Directorate Benefits All



**Cmdr. Brenda Smith (center) leads NHTP's new Public Health Directorate. Cmdr. Wendy Stone (left) is department head for Preventive Medicine, Health Promotion and Wellness. Lt. Cmdr. Jerald Cook (right) leads the Occupational Medicine Service.**

## By Cmdr. Wendy Stone

Naval Hospital Twentynine Palms Has a New Directorate: The Directorate for Public Health

Public Health-What is it? Public Health is the science and art of preventing disease, prolonging life, and protecting and improving the health of families and communities. Naval Hospital Twentynine Palms is committed to protecting the health of you and your family

and to that end, we recently organized the Directorate for Public Health (DPH). This Directorate or "team" has combined the areas of environmental health, population health, and preventive medicine under one umbrella. A multidisciplinary team of professionals including providers, nurses, Corpsmen, industrial hygiene experts, environmental health experts, occupational health leaders, and health educators (to

name a few) are all moving forward with one goal-Your health.

## Who Benefits?

We all do. Public health in action at Naval Hospital Twentynine Palms addresses prevention of disease and injury, provides health promotion and wellness programs, rapid assessment of health threats, and collaboration with your medical team on your personal health. Lastly, they support Navy medical leaders who make Navy preventive medicine policy that affects all of us

today and in the future.

Meet your Directorate leaders: Cmdr. Brenda Smith has been at Naval Hospital Twentynine Palms for three years; her specialty is Industrial Hygiene Officer. Cmdr. Smith has served as Director of Branch Clinics and is currently the Director of Public Health (DPH). The Directorate is divided into three Departments.

## Department Head of Industrial Hygiene

Cmdr. Smith also serves as the Industrial Hygiene Department (See Page 2: Public Health)



**NHTP Corpsmen show off their life-saving skills during MCCS's Marine Corps Challenge. Pictured left to right: HN Eric Mason, Occupational Health, HN Glen Shortt, Family Medicine, HM3 Luke Murray, Multi-Service Ward, HN Jacob Mayhall, AMCC. Following a number of strenuous challenges, competitors had to float their "casualty" the length of the training tank, without dropping a weapon, and deliver him to a medical aid station. During the week of Oct. 21, MCCS sponsored a Blood Drive, the Health Fair, the Birthday Run, and the Ultimate Warrior Competition.**

**Patients seen in September -- 12,065**

**Appointment No Shows in August -- 815**

In September we had a 6.3 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms*.

**To make an appointment call -- 760-830-2752**

**To cancel an appointment call -- 760-830-2369**



*Public Health, Continued from Page 1*

Head. The Industrial Hygiene Department's goal is to recognize and control hazards in the workplace. A couple of examples of hazards we look for would be chemical exposure and noise. We look for these hazards during periodic surveys of all commands and tenant commands on board MCAGCC. Some controls that would be recommended are the use of gloves and earplugs.

Protecting the health of workers is our primary concern.

**Department Head of Occupational Health**

Lt. Cmdr. Jerald Cook arrived from the Federal Health Care Center in Great Lakes, IL, and brings with him experience in Occupational Medicine and Preventive Medicine.

Occupational medicine is a preventive service for the employed population. The department will be supporting employees and service members stationed at or visiting the military bases at Twentynine Palms, China Lake, and Bridgeport. The goal is to provide hassle-free, quality services that promote health, safety and well-being of military service members and civilian employees alike.

**Department Head of Preventive Medicine and Health Promotion and***(Baby, continued from above)*

at 37 weeks or later. The babies delivered at 37 weeks were twice as likely as those born at 39 weeks to have complication, such as difficulty breathing, heart problems and seizures--usually requiring time in a neonatal intensive care unit.

Moms who choose to give birth early may also face their own health challenges. They have a greater chance of postpartum (after childbirth) depression; stronger, more frequent contractions during labor; and an increased chance of needing a C-section.

**Wellness**

**Cmdr. Wendy Stone** is from Naval Medical Center, San Diego, and recently returned from Pacific Partnership 2013 aboard the USS Pearl Harbor. Population Health is her passion and she brings a wealth of experience in Navy Public Health Nursing. The Preventive Medicine team provides specialized consultation and recommendations in matters of public health and environmental health through prevention, surveillance, and screening of infectious diseases. Health Promotion and Wellness staff are committed to developing and administering a comprehensive health promotion and wellness program for active duty and non-active duty beneficiaries.

Targeted program areas include Periodic Health Assessment, physical fitness and sports injury prevention; tobacco prevention use and cessation; sexual health and responsibility; nutrition education and weight management; cholesterol screening; alcohol and drug abuse prevention and control; back injury prevention; hypertension screening; and stress management and suicide prevention. Furthermore, the staff provides resources for educational behavior modification programs and they promote self-responsibility in health maintenance through the voluntary adoption of healthy lifestyles.

Women who have a C-section have a greater risk of infection and a longer recovery time than women who have had a vaginal birth.

"Know the true due date of your pregnancy and get prenatal-care early," Spong advises. A woman's body will go into labor when the baby is ready to enter the world, she says. "By letting that baby get born at term, you're improving the lifelong health of that baby."

*This article was reprinted from the National Institutes of Health website: [newsin-health.nih.gov/issue/sep2013/feature2](http://newsin-health.nih.gov/issue/sep2013/feature2)*

# Let Baby Choose Delivery Date

We tend to think of pregnancy as lasting for 9 months. But ideally it should last for nearly 10 months. Research shows that babies are born healthier if they have at least 39 weeks to grow in the womb.

In recent years, there's been a trend toward earlier deliveries, as more women are choosing the date they'll give birth. This is known as an elective delivery. Studies suggest that the number of elective deliveries rose dramatically from 1990 to the mid-2000s.

If there's a particular medical reason to deliver early, then it's best not to wait, says Dr. Catherine Spong, a pregnancy expert at NIH. "But if the mother and baby are healthy, there's no benefit to delivering the baby early," she says. In fact, delivering early can create lasting health problems. Even women of advanced maternal age, older than 35, should wait until at least 39 weeks unless

there are medical reasons to deliver early.

"We've gotten to the point



where people feel they can choose the timing of their delivery," says Spong. "But in reality, that baby, in the last 4 weeks of pregnancy, is doing a huge amount of developing."

Those last few weeks can make a big difference. At 39 to 40

weeks of pregnancy, a baby's brain weighs one-third more than it does at 35 weeks. The lungs and liver also continue to develop up to 39 weeks. And those last few weeks allow time for layers of fat to grow under the baby's skin, which helps keep the infant warm after birth.

Studies have found a greater risk of serious medical complications, such as dangerous bloodstream infections and breathing and feeding problems in babies born before 39 weeks of gestation. "While there are risks to every pregnancy, the risks to the baby are higher if all organs are not completely developed," Spong says.

One NIH-funded study looked at more than 13,000 women who gave birth by elective-caesarean delivery (C-section)

*(See Baby, below)*

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# Ounce of Prevention Fights Flu

**Martha Hunt, MA CAMF  
Health Promotions  
Coordinator, NHTP**

Flu season is here! Colds and flu are the leading cause of visits to the doctor. They are the leading cause of school absenteeism for children and are the leading cause of missed work for adults.

What are the symptoms of colds and flu? How can you tell which you have? Cold symptoms include sneezing, scratchy and sore throat, mild cough, and runny nose. Most people recover from colds in 2 days to 2 weeks. Flu symptoms include chills, headache, dry cough, body aches, and fever. After a few days, you can also develop nasal congestion and a sore throat.

How do you catch a cold or the flu? Cold viruses are mostly spread by direct contact. For example, a person with a cold may touch their face or nose, spreading a little mucus onto their hands. This person then transfers the virus to another person by shaking hands or touching them. This newly infected person then touches their nose or mouth and this allows the virus to enter their body. The person with a cold can also touch surfaces such as doors or desks and leave those mucus droplets on the surface for someone else to find and become infected.

The flu virus is spread in the air. If a person with the flu sneezes, coughs, or speaks, the air is filled with small droplets of mucus that contain the flu virus. When you breathe this contaminated mucus filled air, you can become sick with the flu.

How can you protect yourself from other people's colds and flu? Wash your hands! Use soap and warm water. Wash all of your hand surfaces, including your wrists, and wash for at least 10 seconds. Use the towel to turn off the water faucets so you don't re-contaminate yourself with cold and flu viruses that are on the water faucets.

Cover your nose and mouth when you sneeze and cough! Didn't your Mom teach you this?

Covering your mouth and nose when you sneeze or cough prevents spreading viruses and bac-

teria. Coughing into a tissue or into your sleeve instead of the palm of your hand prevents spreading cold or flu germs with your hands.

Clean and disinfect high traffic areas in your home! The kitchen, bathroom, and kids areas are high contamination areas. By keeping them clean and disinfected, you kill most of the viruses causing the flu.

An easy to make disinfecting solution is one quarter cup of bleach in one gallon of warm water. However, if using a bleach solution on children's toys, use only one tablespoon of bleach in one gallon of water. Remember! Never mix bleach and ammonia as a cleaning solution as this creates poisonous vapors!

There is no cure for a cold or the flu but many over the counter medications may help relieve symptoms. Ask the pharmacy or your primary care provider for more information.

Suggestions for treating a cold or the flu:

- \* Get plenty of bed rest. Your immune system repairs your body during sleep.

- \* Drink LOTS of fluids.

- \* Take a safe pain reliever for headache and fever. ALWAYS ask a health care provider before giving any pain medication to children under the age of 20 years.

- \* Use over the counter medications for congestion, cough or nasal discharge

- \* For flu, a flu vaccination can help prevent flu or lessen the severity if you do get it.

- \* Taking large doses of Vitamin C has never been proven to help prevent colds or the flu. In fact, taking too much of any vitamin or supplement can be harmful! Ask the pharmacy or the naval hospital registered dietician about safety of any vitamin or supplement before taking it.

The best way to prevent getting a cold or the flu is by basic good hygiene. Your mom told you to cover your mouth and wash your hands for a reason - so you would be healthier and happier. For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-CDC-INFO (800-232-4636).



*HM3 Martina Maddox performs the National Anthem, The Star Spangled Banner, in the Navajo language, at NHTP's Talent Show last month. November is Native American Heritage month. NHTP's celebration is scheduled for December 3.*

## Smoking Adds to Ills

**Martha Hunt, MA CAMF  
Health Promotions  
Coordinator  
NHTP**

How are smoking and influenza linked? Studies show an increase in influenza infections among smokers compared to nonsmokers. There is also a higher mortality (death) rate for smokers than nonsmokers from influenza.

What are additional respiratory health consequences due to smoking? Smoking in general is related to coughing and wheezing as well as chronic bronchitis and emphysema among adults. Smokers are more likely than nonsmokers to have upper and lower respiratory tract infections, perhaps because smoking suppresses immune function. Smoking also damages the inner lining of your trachea (wind pipe). Cells in the trachea clean debris from your lungs. That is the morning cough that smokers get. Your lungs are clearing out the smoke, tar and grit that you inhale every day. Recurrent bronchitis or pneumonia is actually a warning sign of lung cancer.

Second hand smoke is related to coughing and wheezing as well as more frequent bronchitis and pneumonia among both adults and children. Children whose mothers used tobacco while pregnant grow up to have higher rates of asthma and other lung diseases such as respiratory tract infections like pneumonia and bronchitis.

And don't switch to electronic delivery devices because you think they are safer. They are not. They blow up. They give off about 20 percent of the particulate matter (the smoke and

grit) of a regular cigarette. You are inhaling anti-freeze, heavy metals such as lead and other chemicals in the glass vial. In fact, people who use e-products develop a special type of pneumonia called lipoid pneumonia. Lipoid pneumonia is caused by inhaling lipids, fatty substances, or petroleum-based products. E-products are not FDA regulated and you never know what is in them. They are also banned under DoD regulations from federal buildings, vehicles, housing units, etc.

If you are interested in quitting all forms of tobacco, please contact Health Promotion & Wellness at (760) 830-2814 for more information. You can also talk to your medical provider. There is no longer a 4-week class; so all counseling is done one-on-one. Why do you use tobacco? You are stressed or bored. Why do you relapse? You are stressed or bored. Health promotions can help you work through better ways of dealing with stress, get better sleep, and stay tobacco free.

## Probiotics?

You might have noticed "probiotics" listed on the label of your yogurt. Maybe you've seen probiotic pills on store shelves next to vitamins or other supplements.

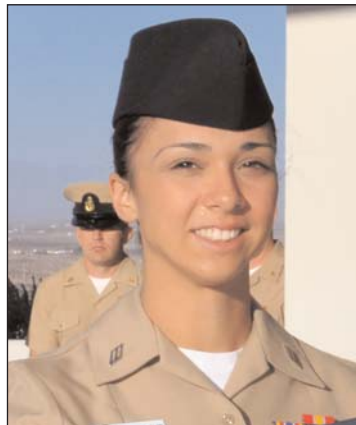
Probiotics are live microbes, such as bacteria, similar to those found naturally in the human body. Certain kinds of microbes are good for us and help the body to function properly. Probiotics are found in some foods or are taken by mouth as dietary supplements. Probiotics also come in other products, such as creams.

The U.S. Food and Drug Administration hasn't approved any health claims for probiotics. Although some products have shown promise, there's little evidence to support specific uses of probiotics for most conditions. Some evidence suggests that probiotics may relieve diarrhea, ease irritable bowel syndrome and reduce symptoms of atopic eczema, an itchy skin condition usually seen in infants. Probiotics generally have few side effects, but there's little data about their long-term safety.

Talk with your health care provider before taking probiotics for a health condition. These products contain different types of bacteria, and their effects on the body can vary from person to person. Probiotics might cause serious side effects in people with underlying health conditions. To learn more, visit NIH's Probiotics Web page: [newsin-health.nih.gov/issue/sep2013/capsule2](http://newsin-health.nih.gov/issue/sep2013/capsule2)



# Super Stars...



**HN Kylie G. Guest** receives a Letter of Commendation for outstanding performance as a surgical technician, culminating in her selection as BlueJacket of the Quarter for 1st quarter, fiscal year 2013.



**Lt. Cmdr. Christi Marti** receives a Navy and Marine Corps Commendation Medal for Meritorious Service at Naval Hospital Jacksonville, Fla., from July 2009 to July 2012.



**HM3 Daniel R. Derose** receives a Navy and Marine Corps Achievement Medal for superior performance as an overseas screening coordinator, NHTP, from Aug. 2011 to Nov. 2013.



**Lt. Cmdr. Kimberly Whitehill** receives a Navy and Marine Corps Commendation Medal for her service as a primary-care provider, Family Medicine Department, Camp Pendleton, from July 2010 to July 2013.



**HM3 Sonia P. Sheppard** receives a Good Conduct Award in recognition of faithful, zealous and obedient naval service completed Aug. 17, 2013.



**Lt Cmdr. Molly A. Cook** receives a Navy and Marine Corps Commendation Medal for meritorious service as Primary Care Division Officer, Lovell Federal Health Care Center, North Chicago, Ill., from Sept. 2011 to Sept. 2013.



**HN Abdou Lalene, NHTP Gold Team**, reenlists for three more years. Lalene has been in the Navy for three years and is originally from Togo.



**Lt. Cmdr. Richard Blair, Public Health Directorate**, loses his lieutenant's bars as he recites the oath of office during his promotion ceremony Oct. 24.



**Master Chief Carol Merricks** receives a Meritorious Service Medal for "visionary leadership," guiding 315 personnel in 13 clinics, delivering state-of-the-art dental care for 55,000 Marines and Sailors at Naval Dental Center Camp Pendleton.



**Lt. Cmdr. Matthew F. Messoline** receives a Navy and Marine Corps Commendation Medal for meritorious service while serving as department head, Medical Homeport Blue Team, NHTP, from Aug. 2011 to Oct. 2013.



**HM3 (AW) Silvia Blas** receives a Letter of Commendation for superior performance as Leading Petty Officer, supervising 12 corpsmen in providing the highest quality of care for 15,000 beneficiaries at Naval Med. Cen. Portsmouth, Va., from Aug. 2011 to Aug. 2013.



**Lt. Cmdr. Jerald L. Cook** receives a Navy and Marine Corps Commendation Medal for meritorious service as Division Officer, Occupational Medicine Division, Lovell Federal Health Care Center, North Chicago, Ill., from Sept. 2011 to Sept. 2013.



**HM1 (Fleet Marine Force) Andrea N. Turner** receives a Letter of Commendation for outstanding performance, NHTP, from Jan. 2013 to Mar. 2013, culminating in her selection for Senior Sailor of the Quarter for the 1st quarter of FY 2013.



**HM3 Edward A. Navarro** receives a Navy and Marine Corps Achievement Medal for superior performance leading five sailors and one civilian in support of nine physicians in delivery of care for 32,356 patients from Oct. 2011 to Oct. 2013.



**HM2 Roman R. Olivera** receives a Letter of Commendation for outstanding performance as Leading Petty Officer, Directorate for Surgical Services, NHTP, culminating in his selection for Junior Sailor of the Quarter, 1st quarter, FY 2013.





**NHTP Leadership poses outside the Helen Gray Education Center following a 2-day Off-Site Strategic Planning Meeting Oct. 21-22. Participants were briefed on NHTP business practices, communications, and Informatics. They analyzed NHTP strengths, weaknesses, opportunities and threats in an effort to hone practices that work and constructively address areas for improvement.**



**HM2 Brittany Hill celebrates her reenlistment for 2 more years on Sept. 23 with the help of CMC Carol Merricks. Hill is no stranger to the high desert, originally hailing from Victorville, Calif.**



**The NHTP Family Readiness Group and MWR pose after preparing care packages for deployed sailors. Pictured, back row left to right: Stephanie Autry, Ann Fugere, Vinnie Costello, Bright Opoku, HM3 Stephanie Reagan, Lt. Qingyuan Cao, Jessica Crouch (holding Teresa); bottom row: Jackson Sullivan, Shelly Sourbeer, Sophie Sullivan, Leigh-Ann Sullivan, Megan Tarver, Dianna Garrett.**



**Lt. Ashlyn Lodenberg (right), a psychologist with NHTP Mental Health, is welcomed back by Capt. Jay Sourbeer, NHTP Commanding Officer. Lodenberg spent the last 9 months deployed to Guantanamo Bay.**



**HMI David M. Gibson takes possession of flag during his retirement ceremony Oct. 18. Gibson served 20 years in the Navy and is originally from Lake Station, Ind. Gibson deployed twice to the Middle East. At NHTP, he has been our Health Benefits Advisor.**



**LTJG Blake Lyman just arrived to NHTP for his first tour of duty. Lyman is from Salt Lake City. He earned his undergraduate degree from Brigham Young University and his Physician's Assistant degree from Wichita State University. Lyman will be working in the AMCC. He enjoys golf, wood-workworking, the outdoors, and target practice.**



**LSCS (AW/SW) Jose N. Valentin, Senior Enlisted Leader and Acting Command Master Chief, is piped ashore for his retirement ceremony Sept. 27 after 24 years in the Navy. Valentin arrived at NHTP in November 2011. He retired to his hometown, San Diego, where he is currently "chilling out," taking life one day at a time, with indefinite plans for future employment.**

## Obesity Leads to Suffering Heart

The longer a young adult is obese, the greater the chance of developing heart disease in middle age, a new study reports. The finding hints that preventing or even delaying the onset of obesity might help reduce heart disease in later years.

Heart disease is the leading cause of death nationwide, and obesity boosts the risk for heart disease. Past studies have linked both body mass index (BMI)--a ratio of weight to height--and waist circumference to heart disease risk. However, few studies have looked at whether the length of time a person is obese affects heart disease as well.

To learn more, a team led by NIH's Dr. Jared Reis studied more than 3,200 young adults, ages 18 to 30, who weren't obese at the start of the study. The subjects were followed over a 25-year period to see if and when they became obese and for how long. Heart scans

looked for calcium deposits in their coronary arteries, an early warning sign of heart disease. These calcifications can arise long before symptoms are noticed--a condition called silent heart disease.

About 40% of the adults became obese during the study. Over 38% of those who were obese for more than 2 decades developed coronary artery calcification. In contrast, only about 25% of those who never became obese developed calcification. The scientists calculated that each year a young adult is obese raises that person's risk of developing silent heart disease by 2-4%.

People in the U.S. are becoming obese at younger ages, and more than one-third of adults are obese.

"I think our findings really suggest that if we don't measure obesity duration in addition to BMI and waist circumference, we may be underestimating the health risks of obesity," Reis says.



**A Sikorsky CH53 Sea Stallion helicopter lifts off from the NHTP helipad after transporting Marines injured in a training accident.**



# Introducing New Staff - Welcome Aboard



**Cmdr. Wendy Stone**

*Cmdr. Wendy Stone is no stranger to NHTP. In 2007 she departed Twentynine Palms after serving for three years as an Emergency Room nurse and customer relations officer. She arrives from a deployment on the U.S.S. Pearl Harbor from a humanitarian mission to six island nations in the South Pacific. Prior to her deployment she was Deputy Director for C-5, Comprehensive Combat and Complex Casualty Care, where she worked with the amputee population in San Diego. Her hometown is Greenbay, Wis. She received her RN degree from the University of Missouri and her Master's in Public Health from the California College of Health Science. She and her husband reside in Yucca Valley. Cmdr. Stone enjoys refurbishing vintage mopeds and working on her 1971 Volkswagen bus.*



**Lt. Cmdr. Jerald Cook**

*Lt. Cmdr. Jerald Cook arrived at NHTP from the Lovell Federal Health Care Center, North Chicago, Ill. This is Cook's 24th year in the Navy. He is here with his wife, Molly, a lieutenant commander Family Practice registered nurse. The Cooks have served together for the past 9 years, first at Bethesda, Md., where Jerald Cook earned his medical degree at the Uniformed Services School of the Health Sciences. Cook's Residency was at University of Southern California, Irvine. Originally from Fairfield, Calif., Cook enjoys running, biking, triathlons and reading. He has two sons, 20 and 24. At NHTP, Cook is Department Head for Occupational Health.*



**Cmdr. Gray Dawson**

*Cmdr. Gray Dawson arrived at NHTP from Naval Hospital Bremerton, where he spent the previous 4 years. He has been a Navy physician for 13 years. Dawson earned his undergraduate degree from Santa Clara University and his medical degree (family medicine) from St. Louis University School of Medicine. Dawson grew up in San Jose, Calif. Dawson's wife, Julie, and three children (ages 15, 13, 11) live in Big Bear, Calif. Dawson enjoys home brewing, bicycling, hiking, trail jogging, hunting, fishing, "and anything outdoors."*



**Lt. Cmdr. Paul Albers**

*Lt. Cmdr. Paul Albers arrived from Fleet Surgical Team 2, Norfolk, Va. He is assigned to DSS as an operating room nurse. Albers earned his Master's degree from the Uniformed University of the Health Sciences. He earned his RN degree from Norfolk State University. After 29 years in the Navy, this is his first tour at NHTP. He is unaccompanied, lives in Twentynine Palms and enjoys fishing, football, and sports.*



**Lt. Philip Sherrick**

*Lt. Philip Sherrick, NHTP's new Occupational Health Service Coordinator, arrives from a three-year stint in the Washington D.C. area where he spent a year in Bethesda treating upper-extremity injuries and the next two years serving the same cohort of patients at the Fort Belvoir Community Hospital. Lt. Sherrick moved to Yucca Valley in July with his two daughters, one of whom attends Yucca Valley High School and the other attends Copper Mountain Community College. Sherrick has a Occupational Therapy degree from Worcester State College, Mass., and a Master's in Human Relations from the University of Oklahoma. Hometown is Keene, New Hampshire and hobbies include fishing, movies, and socializing.*

# NHTP Mustache Challenge

*LTJG Ryan Blevins, Emergency Room, NHTP*

This year, NHTP and its branch clinics will be participating in the annual fund raising challenge in November, known as Movember, clever huh? Across the world men and women unite in an effort to gain awareness and monetary donations to fight against men's health issues. Similar to breast cancer awareness month, Movember has a ribbon to represent the cause. Only Movember's ribbon takes its form as a glorious moustache. We are hoping to get as many individuals involved as possible for this fun, yet very serious event.

Prostate cancer is the most common cancer among men of all race populations. It is the second most fatal disease among white, black, American Indian/Alaska Native, and Hispanic men, the fourth most fatal disease for Asian/Pacific Islander men. In 2009 (the most recent year numbers are available), 206,640 men in the United States were diagnosed with prostate cancer and 28,088 men in the United States died from prostate cancer. The surgery to attempt to remove the cancer alone costs an average of \$50,000 to \$80,000.

Compared with other types of cancer, testicular cancer is rare. But testicular cancer is the most common cancer in American males between the ages of 15 and 34. Testicular cancer is highly treatable, even when cancer has spread beyond the testicle. The American Cancer Society's estimations for testicular cancer in the United States in 2013 predicts that 7,920 new cases of testicular cancer will be diagnosed; and about 370 men will die from this disease.

Mental health issues are very common. Men generally have lower levels of awareness of mental illness than women. Over six million men are diagnosed with depression each year. Depression in men often doesn't look like the typical depression of low mood, anxiety, and loss of interest. Depressed men may become more irritable, angry, aggressive or abusive. Often, men will engage in risky activities, turn to abusing alcohol or drugs, become over-involved at work or socially isolated. It is these same qualities that prevent so many men from seeking help for their depression.

So the challenge is this: Men, start November clean shaven, and on November 1st, BEGIN THE GROW! Groom and grow those moustaches as proudly as you can. Whether you can grow a push broom or a patchy good ol' try, you are representing the cause. Your will help men across the world. (Please note that active-duty military should maintain discipline and stay within military grooming standards: nothing over the lip and beyond the corners of the mouth.) Ladies, we also want your involvement. You can purchase shirts, mugs, hats. Both parties are encouraged to make at least a small donation to the Movember Foundation (five or 10 dollars). Before growing, navigate to the Movember website ([us.movember.com](http://us.movember.com)), log in and join or create a team (There are teams for each directorate to encourage friendly competition). Teams for NHTP AMCC and NHTP DMS already exist. Join a directorate or create a team and marshal your upper lip into the Movember Challenge for a possible first place at NHTP.

## Relay Health: Are You Enrolled?

*Lt. Ashley Robertson, Adult Medical Care Clinic, NHTP*

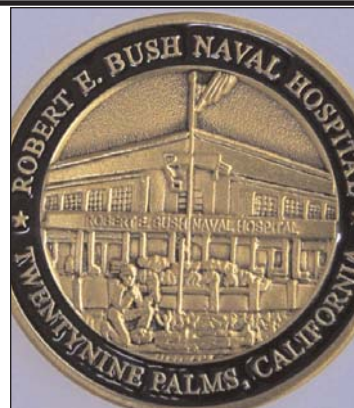
Historically the only way to communicate with your health-care team was to call and hope you're not on hold forever, or you arrive in person to make a future appointment. Recently Naval Hospital Twentynine Palms (NHTP) has changed the face of health-care communication by the addition of the *RelayHealth* on-line communication network.

*RelayHealth* is an on-line network that securely connects patients to their healthcare team.

Patients enrolled into *RelayHealth* are able to send electronic messages to their primary-care team to discuss labs, medications, consults, and even book appointments. By connecting patients, providers, pharmacies, and other members of the healthcare team, *RelayHealth* can streamline interactions throughout the healthcare system--which often leads to improved care, faster

access, and lower costs.

Currently NHTP has 3,035 enrolled patients, which represents approximately 30 percent of its 10,000 empanelled patients. To enroll into *RelayHealth* a patient must have an established Primary Care Manager (PCM). Once a PCM is established the member can visit <https://app.relayhealth.com> to register as a new user. Once enrolled into the system you will have the ability to customize your user profile, add a PCM, and begin communicating with your healthcare team. The average response time for routine messages is 24-48 hours. For urgent issues patients are encouraged to call their primary care clinic within normal business hours. For more information please visit NHTP's facebook page: [www.facebook.com/NavalHospitalTwentyninePalms](http://www.facebook.com/NavalHospitalTwentyninePalms), or call the Information Desk, (760) 830-2190.



**NHTP Coins have arrived! They are only \$10 each. Two hundred are on hand and first 100 are numbered. Contact PS3 Jason Grelek, in Manpower to get yours.**



**Hospital staff (left) enjoyed a wide array of Hispanic cuisine at the Hispanic Fiesta Oct 4. Pastor Al Perez, former Marine Corps Gunnery Sgt (right), spoke about his "special skills" that propelled him to excel. The Diversity Committee thanks everyone who contributed food and money to make this a rousing success.**



# BHC China Lake Leads the Way in Serving Community

**HM3 Zackary J. Dennis,  
BHC China Lake**

Community service is more than just a bullet point to the sailors and staff at Branch Health Clinic (BHC) China Lake--it's a passion. In recent months the staff at BHC China Lake has been fully involved with a variety of community-service activities. Spearheaded by HM3 Delzoria Horton, this quarter's Adopt-a-Highway Group braved desert heat, shared laughs, and did their part to keep our home clean. BHC China Lake's piece of highway is highly travelled and is subject to a lot of litter. We offer a big hats-off to the team who met this challenge and who had a blast doing so.

The fantastic team of providers, corpsman, and Industrial-Hygiene staff is highlighted this quarter for their fantastic contribution to Naval Air Weapons Station (NAWS) China Lake's annual community health fair. This year's group of health-care professionals spoke with the community about changes in Navy medicine and provided blood pressure checks and educational material supporting healthy life styles. Catering to the large civilian population at NAWS, Occupational Health, as well as Industrial Hygiene, present-

ed safe-working tips to ensure the health of our DoD and contractor shipmates.

The outreach and feedback we receive each year from this event reassures us on how important our role is, not only as medical professionals, but as a bridge between the Navy and our local community.

Last, but certainly not least, we would like to recognize the on-going volunteer work of HM1 Matthew Skipworth and HN Curtis Cameron with the youth travelling basketball team, *The High Desert Heat*. The involvement of these sailors not only provides a physical outlet for the youth of the community but also instills a sense of team and unity in their lives. As coaches, they teach the sport fundamentals, but also act as role models and inspire a lifestyle of hard work, dedication, sportsmanship, and integrity.

Truly, it has been a busy quarter for the staff here at Branch Health Clinic China Lake. We look forward to growing our community involvement even more; and we offer a big thank you to all who participated in these events and to the town and citizens of Ridgecrest.



*During BHC China Lake's Health Fair, Industrial Hygiene staff checked participants' blood pressure, blood glucose levels, and conducted health screenings. Pictured, sitting down (L-R), HM3 Jay Keele, HN Alyssa Sattler. Standing (L-R): HN Curtis Cameron, HM3 Zachary Dennis, HM1 Matthew Skipworth, Lt. John DeGeus, HM2 Robert Bump, HN Yaasmeen Brown.*



*BHC China Lake personnel Adopted-a-Highway, cleaned the environment, and spread good will. Pictured: Front: HM2 Franklyn Mikels. Standing (L-R): Lt. Cmdr. Thomas Bui, HMC Christopher Brown, Lt. Json Condino, HM1 Andras Eder, HM3 Krystal Price, HM3 Delzoria Horton, HN Jerico Thorton.*



*HM1 Matthew Skipworth (left) and HN Curtis Cameron volunteer as coaches for the youth travelling basketball team, *The High Desert Heat*. They teach sport fundamentals, act as role models, and inspire a lifestyle of hard work, dedication, sportsmanship, and integrity.*